BENGALURU, THURSDAY, DECEMBER 11, 2025 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 26 | Min 13 | Humidity 50% Partly sunny Sensex 84,391 | Nifty 25,758 | Gold 1,29,900 | Silver 1,89,701 | Dollar 89.93 | Euro 104.58 | GBP 119.73

BIOHERITAGE LOST

Hundreds of trees at risk as govt goes back on 'good decision', cancels bioheritage tag for Cantonment Railway Colony

PAGE 4

SAFETY ABOVE

Skywalk-style elevated lane exclusively for two-wheelers and pedestrians along Dabaspet–Hoskote NH-648 to minimise accidents

PAGE 5

As jury is still out on menstrual leave, experts say modern workplaces not keeping pace with women's health; labour rights researchers argue that inclusivity requires moving beyond one-off policies and creating comprehensive reproductive health frameworks

WHAT WOMEN WANT

Fertility care, perimenopause support, pregnancy loss leave: Are these fringe demands?

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PIC FOR ILLUSTRATIVE PURPOSES ONLY

As Karnataka government's order mandating one paid menstrual leave a month triggers national debate after the High Court intervened due to a petition calling for it's halt, many women say the conversation exposes a far wider gap in workplace policies: the near-complete absence of support for fertility-related medical procedures, particularly for medical procedures like egg freezing and in-vitro fertilisation (IVF) that remain largely unacknowledged in most organisations' HR frameworks.

While the state government's order mandating one day of paid menstrual leave per month has triggered both praise and legal challenges, many women say focusing solely on period leave risks obscuring a wider set of needs. Fertility treatments, which can require multiple hospital visits, injections, scans and periods of physical rest, are still treated as "personal issues" rather than legitimate medical needs, they point out.

PAGE 7: PERIOD LEAVE IN COURT

> **"Menstrual leave sparked a crucial public conversation — but the real issue is that women's health has always been treated as an exception in workplace design**
>
> —Sociologist

"Menstrual leave is a start, but the ecosystem around women's health remains incomplete," said a Bengaluru-based tech employee who underwent an IVF cycle this year. "There is no category of leave that recognises this. I ended up using casual leave, sick leave and even unpaid leave," she explained.

"Egg freezing is a complex

CONTINUED ON PAGE 8 >>

Who moved the bins?

Mystery thickens as of nearly 50 plastic waste bins placed at Lavelle Road, just two remain; officials fail to crack case

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TWEETS @BangaloreMIRROR

About five years ago, Bengaluru Smart City Limited (BSCL) got on with touching up Lavelle Road after much delay. As part of this work, around 50 rotating dust bins were put up in the tony locality. Each stand had two bins - one for wet waste and the other for dry. However, curiously, as of today just two of those bins still remain. With all the others missing, pedestrians and smokers continue to throw garbage and cigarette butt on the road.

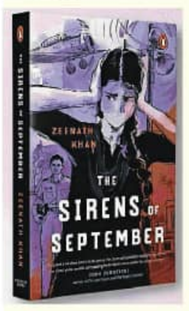
While dustbins on many roads, including Dr BR Ambedkar Veedhi, Raj Bhavan Road (Now, Lok Bhavan Road) and Infantry Road, in the Central Business District are missing, the Bengaluru Solid Waste Management Limited (BSWML) authorities have been mulling to install steel litter bins in areas with high footfall with help from companies under their corporate social responsibility initiatives. Pedestrians and activists are demanding that the authorities take measures either to punish those responsible for bins going missing or reinstall the bins on Lavelle Road.

Bangalore Mirror had written on December 24, 2024, about how garbage bins installed on strategic locations of CBD go missing. It's been a year since our story, but the bins are still not re-installed.

CONTINUED ON PAGE 8 >>

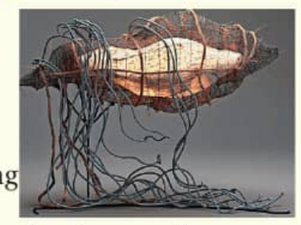
THINGS TO DO

01 Realm of books



Atta Galatta is hosting author Zeenath Khan for a discussion on her powerful new novel, The Sirens of September, a sweeping work of historical fiction set against the turbulent backdrop of Hyderabad's 1948 integration, Partition, and the shadowy world of espionage. **Where: Atta Galatta, Indiranagar; When: December 12, 5 pm**

02 Innovation by design



The Indian Institute of Interior Designers (IIID), Bengaluru Chapter, is set to host the 5th edition of Designuru 5.0, a four-day citywide festival celebrating the best of architecture, interior design, art, craft, technology, and culture. **Where: Karnataka Chitrakala Parishath, Seshadripuram; When: December 11 to 14**

03 Colour quest

India Art Festival (IAF) is back in Bengaluru for its fifth edition, hosting a vibrant showcase of contemporary Indian art, bringing together over 20 galleries and 300 artists from 25 cities across India. **Where: Crown Pavilions, Palace Ground; When: December 12 to 14**

04 Melodious evening

Legendary singer Vijay Prakash will be performing live in an evening where music transcends time and emotion, as he returns to the spotlight with a grand concert. **Where: Phoenix Marketcity, Whitefield; When: December 13, 6 pm**

05 Weekend celebration

Echoes of Earth, one of the most inclusive and community-centric festivals of the year, returns to Bengaluru. This year's edition features a dedicated kids' zone with interactive workshops, creative activities, and exhibitions designed especially for young explorers. **Where: Embassy International Riding School, Papanahalli; When: Dec 13 and 14**

BU maps out space for massive afforestation drive

Varsity proposes 5 acres of land for plantation of 1,920 saplings to compensate for loss of 128 trees being felled due to development project planned on campus

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In a report submitted to the Greater Bengaluru Authority (GBA), Bangalore University has proposed a land parcel on the campus for plantation of nearly 2,000 saplings in lieu of 128 trees being removed for infrastructure development under the PM-USHA scheme.

The varsity has identified approximately 5 acres of land in Kenchenahalli village for compensatory afforestation. A total of 1,920 trees belonging to 20 native species will be planted in the space.

These trees will include neem, jackfruit, jamun, arjun, Indian gooseberry, Indian rosewood, kokum, wood apple, pride of India, ashoka, kanak champa, flame of the forest, rose apple, mango, water apple, breadfruit, Indian almond, wild guava, Indian siris, and champa.

Saplings will be obtained from the Forest Department nursery. The newly planted and also the translocated trees will be maintained by the Bio-park Department of the university.

The compensatory plantation will be carried out by the varsity itself with the help of its Garden Department and Bio-park Department.

Further, the university has proposed bio-fencing for protection under the biodiversity conservation plan and earmarked Rs 8 crore under the PM-USHA scheme. The move aims to enhance the green cover and provide a safe environment for microclimatic conditions to enrich and survive.

"Upkeep of the plantation and maintenance will be the responsibility of the University Bio-park, Garden Department, and Department of Botany. The plantation will be maintained for five years from the date of plantation. In case of failure of any plant, immediate replacement will be done by the above departments," BU has noted.

A city-based environmentalist said that while plantation happens in far-off places from the site, changing land use, the primary preference is for land that is next to or in proximity to the original site. "The idea behind compensatory plantation, especially in an urban setup up is to mitigate ecological impact locally. BU carrying out plantation on the same campus is a rare case of compensatory plantation," said the environmentalist.

The Karnataka Preservation of Trees Act of 1976 mandates that for every tree felled or transplanted, a certain number of saplings must be planted. Specifically, for every tree removed, ten saplings of the same or suitable species must be planted, preferably in the same area to ensure ecological balance.

Bangalore University has been granted Rs 100 crore under the PM-USHA scheme. Among 1,472 universities in the country, only 26 have attained the status of PM-USHA Multidisciplinary Educational and Research University (MERU). The grant is jointly contributed by central and state governments in a 60:40 ratio.

University to undertake compensatory plantation along with its upkeep with help of its departments, with plans to promptly replace any plant that fails

As part of the project, Bangalore University has proposed the development of a new Academic Block along with a MERU Research Block under one of its key components. The total planned construction spans 3.52 acres.

To make way for this infrastructure development, BU had sought permission to cut 419 trees on the campus. Following this application, the Tree Expert Committee conducted an inspection and granted permission to cut 138 trees and translocate 54 trees from the project area. The remaining 228 trees are to be retained on site.

Three-day kabaddi showdown to begin Dec 12

Youngsters Kabaddi Club will host a three-day kabaddi tournament from December 12, featuring over 30 teams at its Kodandaramapura playground in Malleswaram. What sets this event apart is its unique playing surface — soft soil specially brought from a traditional garadi mane, the wrestling training ground near Devanahalli. "36 kabaddi teams from all districts across the state are participating in the kabaddi tournament. We have mixed turmeric, green camphor, neem and other ingredients to ensure soil consists of medicinal values for the benefit of kabaddi players," said Youngsters Kabaddi Club President BK Shivaram.

Shivaram said kabaddi tournaments are held on a knockout basis. "The winning team will get a Rs 75,000 cash award, the runner-up team gets Rs 50,000, and Rs 25,000 for the teams in third and fourth places. The best catcher and all-rounder of the competition will get Rs 5,000 cash prize and the participants will be given certificates," he said.

The kabaddi tournament, which is being held in memory of SB Shivalingaiah and G Chinnaswamy Reddy, will be inaugurated by Chairman of the Guarantees Panel HM Revanna at 5.30 pm on December 12. "The Youngsters Kabaddi Club was established 60 years ago and has organised national and state-level kabaddi tournaments. We are not depending on grants from the government. The Youngsters Kabaddi Club is of the people, by the people, and for the people," Shivaram said, adding that all safety measures have been taken for the welfare of the players. **— BMB**

Stray shelter costs could drain city coffers

Greater Bengaluru Authority (GBA) estimates that maintaining a single stray dog in a shelter will cost Rs 3,035 a month. With more than 2.5 lakh strays in the city and plans to house about 2 lakh of them, the monthly expense could cross Rs 60.70 crore. This has raised concerns among officials and residents about how such a large recurring cost will be managed. Many NGOs currently sheltering strays operate in residential areas, and people living nearby are already facing inconvenience. Residents fear the situation may worsen if more dogs are moved into these temporary centres. Following a Supreme Court directive, authorities are preparing to shift identified dogs from schools, colleges, stations, hospitals and other public spaces into shelters and to provide them chicken rice twice a day. This will further increase food and upkeep costs. Officials said the process will be completed soon, after which a clear action plan will be finalised. **— BMB**

Govt to hold Aadhaar update camps in schools

The government will soon conduct Aadhaar biometric update camps directly in schools and colleges so that students no longer have to wait for long hours at cyber centres. To remove hurdles faced during scholarship applications and exam registrations, departments including the School Education Department have been tasked with updating Aadhaar details of students aged five to fifteen. The work must be completed by March 1, 2026. Aadhaar issued at age five includes fingerprints and a photograph, which must be updated again when the child turns fifteen. Based on information from UIDAI, the School Education Department will share details with district committees and prepare a schedule for the camps. Students will need to submit their old Aadhaar card, birth certificate and address proof of either the parents or the child. Accredited Aadhaar agencies will organise the camps on school premises so that updates can be done free of cost. A senior official said that preparations have already begun to conduct the camps as per instructions by the government. **— BMB**

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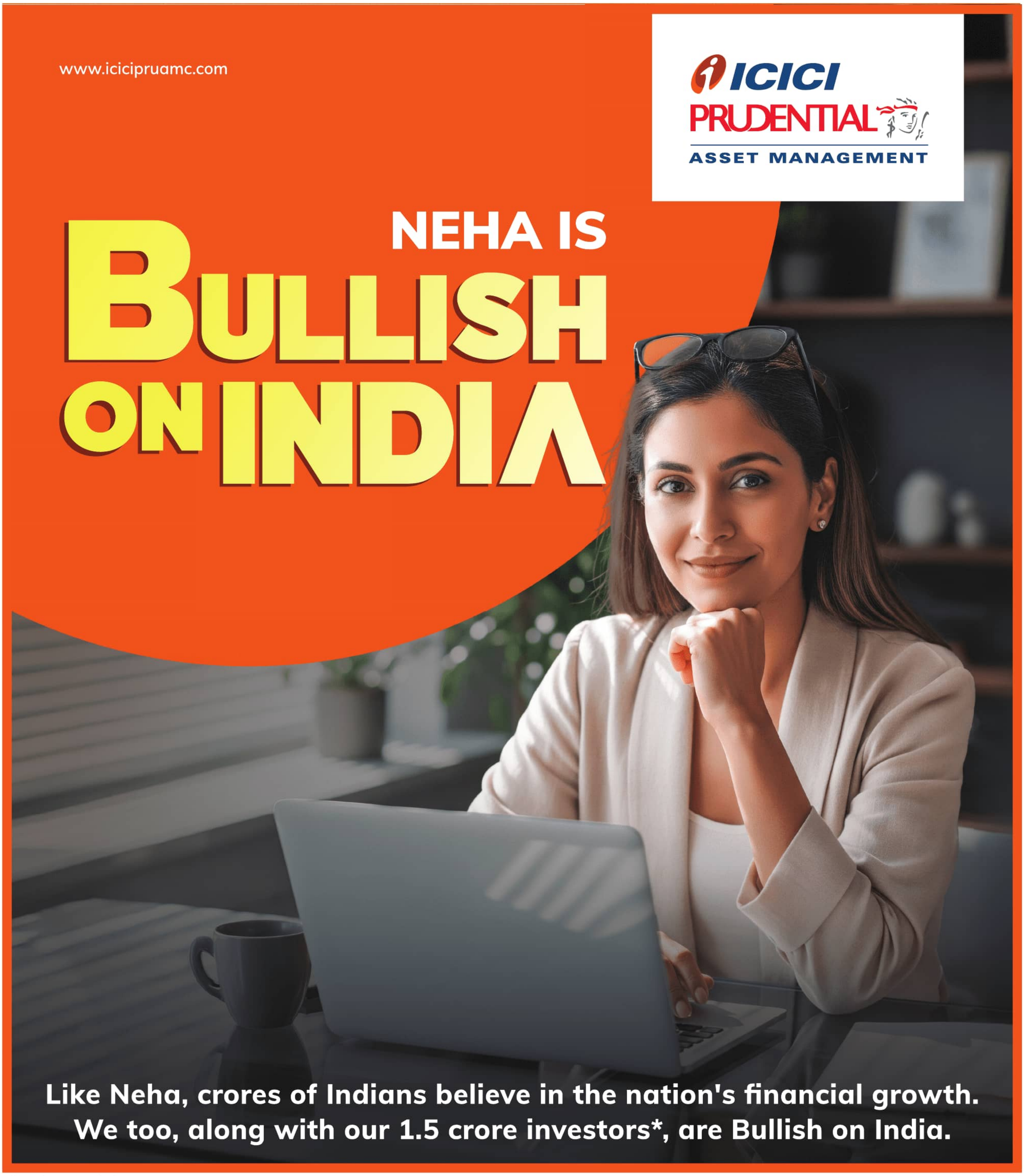

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*As of September 30, 2025.

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CONCEPT

Janaushadhi Kendra closure sparks outrage

Residents and patients staged a silent protest in front of Government General Hospital, Yelahanka, opposing the plan to close the Pradhan Mantri Bharatiya Janaushadhi Kendra. If the notice posted on the Janaushadhi Kendra is any indication, the state government has decided to shut the Kendra from December 31, 2025. It may be recalled that the state government decided to close down the Pradhan Mantri Bharatiya Janaushadhi Kendra in May 2025, but later it was decided to continue the Kendras' functioning until December 31, 2025.

Residents and patients opposing the closure of the Janaushadhi Kendra at Yelahanka Government General Hospital demanded it continue operating, as it helps economically weaker families. "I get medicines for around Rs 1,200 per month here. If the government closes it, I will spend over Rs 2,000 for the same quantity,"

PICTURE FOR REPRESENTATION ONLY

said a resident. The protesters said the Kendra has been a great help for patients visiting the hospital. "I suspect the medical mafia is behind the government's decision. Authorities should prioritise poor people," said another resident.

Damodar appealed to the government not to close it, citing impact on poor patients. "Yelahanka MLA SR Vishwanath also opposed the closure," he said. The Administrative Officer said many patients get subsidised medicines. "The hospital has no problem, but we must follow the government's order. It will close from December 31," the officer said.

— Y Maheswara Reddy

'Good decision rolled back': Bioheritage tag U-turn panned

Cancellation of heritage site recognition ignites protests; citizens and tree activists urge authorities to reconsider environmentally harmful decision

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The state's reversal on declaring Cantonment Railway Colony a Biodiversity Heritage Site has angered environmentalists. Hundreds of trees remain at risk, prompting public protests and potential legal interventions to safeguard the ecosystem

The Government of Karnataka, through a notification issued on December 6, has recalled its earlier notification from September that had declared the 8.61acre Cantonment Railway Colony campus a Biodiversity Heritage Site. "The Government notification dated September 9, 2025, which declared an 8.61 acre green area with 371 trees adjacent to the Railway Cantonment Station in Bengaluru as a Biodiversity Heritage Site under the powers conferred by Section 37 of the Biological Diversity Act (BDA), 2002, is hereby withdrawn with immediate effect," the notification, a copy of which is with BM. The notification is put out by the Governor.

Notably, the decision to declare the site a biodiversity heritage site was taken in September in a special meeting of the Karnataka Biodiversity Board (KBB), chaired by Karnataka Forest Minister Eshwar Khandre. This followed an agitation by citizens against a commercial project by the Rail Land Development Authority (RLDA) on the campus that involved the removal of 368 trees.

KBB officials noted that the declaration was made under Section 37 of the Biological Diversity Act of 2002 to ensure long-term protection of this urban ecosystem for present and future generations.

According to the BDA, areas with unique biological systems, rare and endangered species, indigenous breeds, or high levels of endemism may qualify as BHS. Section 37 of the Act empowers the State Government to declare certain areas as Biodiversity Heritage Sites.

City-based environmentalists and tree activists say the decision to declare the site a biodiversity heritage site was a good decision by the state government after a long time, but, unfortunately, the decision has now been recalled.

"It is difficult to understand the counter-forces that asked for the withdrawal of the notification. However, if the due process of withdrawal has not been followed, tree activists and city-based NGOs should consider taking legal action against the decision," said Dattatreya Devare, trustee of Bangalore Environment Trust and a city-based environmentalist.

RLDA, in a public consultation meeting held regarding the project, had stated that the project is a source of revenue for the Karnataka Rail Infrastructure Development Company Limited (K-RIDE).

However, the proposal met with strong opposition from citizens. Around 15,000 people expressed their objection through petitions, online campaigns, and emails. Additionally, 972 people wrote directly to the state government via email, urging it to protect the trees and the site. Several physical petitions carrying hundreds of signatures were also submitted in favour of preserving the biodiversity-rich green cover.

"We strongly oppose the state government recalling the decision to declare the cantonment a biodiversity heritage site. When a site has already been declared by the Forest Minister, rolling it back is poor optics. It does not give the right impression and shows a lack of interest in this space by the authorities. This decision gives a disconcerting and worrying feeling to citizens. If KBB's decision, made with consent from the State Forest Minister, can be reversed, it is worrying," said Priya Chetty Rajagopal, founder of Heritage Beku, a city-based NGO.

"This is disappointing. So many people participated in the public consultation and opposed the project. The announcement by the Forest Minister was welcomed by hundreds of citizens. However, this reversal will set a dangerous precedent," said Vijay Nishant, founder of Project Vruksha.

Metro surge: 100 new trains, 175 km

The Metro will expand from its current 96 kilometres to 175 kilometres over the next five years, with more than 100 additional trains added to handle the rising passenger load. Except for the existing Purple and Green lines, every new corridor will operate with driverless trains. At present, only the RV Road–Bommasandra Yellow Line is equipped for driverless operations, although trains are still being operated with drivers and will transition to full automation in stages. Sources said upcoming corridors—Kalena Agrahara–Nagarbhavi, airport-bound Blue Line, JP Nagar 4th Phase–Kempapura extension, Kothanur–Kadabagere Orange Line, and Hebbal–Sarjapur Red Line—will run on CBTC signalling for driverless movement. Bengaluru Metro has 64 trains: 58 on Purple and Green lines use DTG technology, with 21 more DTG trains coming. The Yellow Line has six CBTC trains, with 15 more being supplied by Titagarh Rail Systems and BEML, taking the total to 21. For the Pink Line and connecting corridors opening next year, BEML will deliver 60 CBTC trains, with the first prototype soon. — BMB

Government fixing network issues near prison

Home Minister G Parameshwara told the Assembly that the government is taking steps to resolve network problems faced by residents near Bengaluru's Parappana Agrahara Central Prison due to the jammers installed to prevent inmates from using mobile phones. Responding to a notice by Bengaluru South MLA M Krishnappa, he said 19 jammers have been installed inside the prison, which has disrupted network access for people living nearby. Similar complaints have been reported from areas around the Mangaluru prison as well.

The minister said mobile phones are essential, and jammers should work inside the prison without affecting the neighbourhood. Another meeting with telecom teams is on December 22, after which the government will decide on corrective measures. — BMB

Govt backs stadium cricket return

Karnataka Deputy Chief Minister and state Congress President DK Shivakumar said the proposal to allow cricket matches at Chinnaswamy Stadium in Bengaluru will be discussed and decided at the Cabinet meeting scheduled for Thursday (December 11). The stadium has not hosted any matches since the stampede on June 4, in which 11 people were killed. He spoke at Belagavi Circuit House after KSCA President Venkatesh Prasad and other office-bearers met him. "We have no intention of stopping cricket matches, but crowd-management measures need examination. Justice Michael D'Cunha Committee recommendations will be implemented in phases. IPL or other matches will not be shifted out of Bengaluru, and new stadiums are planned," he said.

Shivakumar added that Prasad's team, supported by Javagal Srinath and Anil Kumble, sought government cooperation for upcoming Chinnaswamy Stadium matches, and he conveyed the government's congratulations.

— BMB

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Road hazard

Bannerghatta

Bannerghatta Main Road, near Carmel Academy, is clogged with rubbish and damaged by a cracked drain, leaving no safe space for pedestrians.

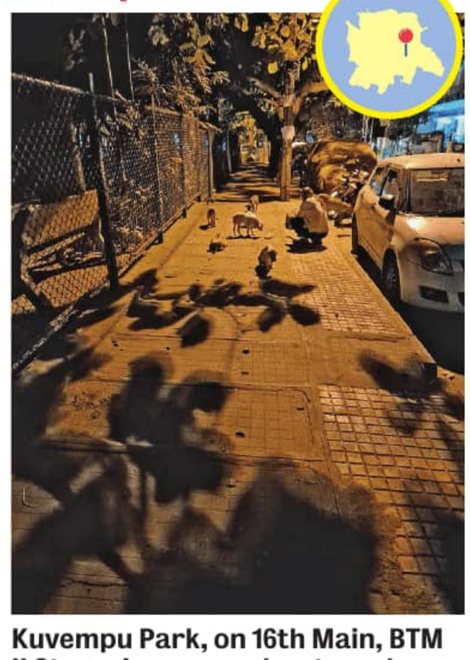
Lake decay

TC Palya Road

The newly redeveloped Kithiganur Lake, near Halehalli on T C Palya Road, is already deteriorating and disrupting field activities.

Dog menace

Kuvempu Park



Kuvempu Park, on 16th Main, BTM II Stage, is overrun by stray dogs and puppies, creating safety concerns for nearby residents.

Burglar robbed by thieves; all five caught

The Avalahalli police have cracked an unusual case in which a house burglar was robbed of his own loot by four others, leading to the arrest of all five accused and the recovery of 447 grams of gold jewellery and cash worth nearly ₹70 lakh.

The primary accused, 30-year-old Vijayaraj, a native of Tamil Nadu residing in Amruthahalli, had allegedly committed multiple house burglaries in the Mandur region. The other four accused—Monish, Sunil, Darshan and Chandan, all residents of Mandur village—later robbed him of a portion of the stolen property.

The investigation began after repeated burglary complaints from Mandur. A breakthrough came when officers detained Vijayaraj in Parvathinagar, Medahalli, after noticing him suspiciously attempting to sell a gold chain. During interrogation, he confessed to two recent burglaries and revealed that his earlier haul of 330 grams of gold had been forcibly taken from him near the Mandur graveyard by the four men.

Acting on his information, police recovered ₹28,250 in cash and 117 grams of gold linked to the later crimes. The four Mandur residents were soon arrested, and officers recovered the stolen 330 grams of jewellery from one of their homes.

All five are in custody as further investigations continue.

–BMB

KSPCA flags rising police misconduct

Karnataka State Police Complaints Authority (KSPCA) member Mohan Kumar Danappa has written to the DGP urging strict action against police personnel who assault motorists or behave rudely during vehicle checks. He said the police force is a disciplined institution, yet repeated instances of misconduct and misuse of authority are damaging its public image. Despite multiple circulars reminding officers about proper conduct, violations continue to surface. Reports of abuse, assault and the use of filthy language during roadside checks frequently appear on social media and in the press. He cited two recent cases — the Mandya incident where a child died during a police check and another in Kudligi where a constable assaulted a bus driver. He warned that such behaviour cannot be allowed to persist.

–BMB

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Coming up: Elevated flyover for 2-wheelers, pedestrians

Unique proposal aims to make it safer for pedestrians who risk life and limb to cross busy stretch of NH-648 and prevent collisions

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In an unusual move, authorities are set to introduce a skywalk-style elevated lane exclusively for two-wheelers and pedestrians along the Dabaspet–Hoskote National Highway (NH-648). The highway, which cuts through dozens of villages on Bengaluru's outskirts, has witnessed frequent and often fatal accidents as residents on motorcycles attempt to merge with high-speed highway traffic. The new system aims to provide a safe, dedicated passage for two-wheelers, cyclists, and pedestrians while allowing people to cross from one side of the highway to the other without risking their lives.

Seventeen danger zones to receive elevated crossings

Key crossing points

The elevated corridor will be constructed at seventeen high-risk spots along the eighty-four-kilometre stretch between Dabaspet and Hoskote, identified for heavy village movement and accident vulnerability. Currently, residents must travel long distances to find safer crossing points, often forcing them onto main lanes where vehicles travel at over one hundred kilometres per hour. The proposed system, costing twenty-two crore rupees, will create dedicated pathways for pedestrians, motorcycles, and bicycles. Officials describe it as a first-of-its-kind solution designed to drastically reduce collision points between village traffic and highway vehicles, addressing one of the region's most persistent safety challenges.

Officials describe first-of-its-kind solution, designed to drastically reduce collision points between village traffic, highway vehicles, addressing one of region's most persistent safety challenges

Safety imperative

A senior NHAI official said the NH-648 passes through densely populated rural belts near Doddaballapur and Devanahalli, where villagers regularly navigate risky crossings. The newly tendered elevated lanes aim to curb two-wheeler accidents at village entry points, provide safer access across the highway, streamline movement toward Kempegowda International Airport, and ease pressure on arterial roads. Locals believe the project will eliminate the anxiety of traversing the high-speed corridor. Motorists agree the dedicated lanes are long overdue, as collisions have become routine. Many commuters say the new structure will significantly improve daily travel comfort and overall road discipline, supporting safer mobility for thousands using the corridor daily.

City police bust dual hydro ganja network

The CCB (Central Crime Branch) and Sanjay Nagar police conducted separate operations, arresting four drug peddlers, including one from another state, and seizing Hydro Ganja with a combined street value of nearly ₹3 crore. Hydro Ganja is a high-potency variety of cannabis that has increasingly entered local markets through interstate routes.

Based on specific intelligence, CCB officials arrested a drug peddler from Kerala who was residing in 2nd Cross under Ashok Nagar police station limits. Officers seized 2 kg of Hydro Ganja valued at around ₹2 crore from his possession. During interrogation, the accused confessed that he was a small-scale street vendor who purchased Hydro Ganja in Kerala at a lower price, brought it to the city, and sold it for a high margin to his known customers. A case has been registered under the NDPS Act at Ashok Nagar Police Station, and investigations are underway to identify his suppliers and associates.

In a separate operation, Sanjay Nagar police arrested three individuals after two of them were initially found selling narcotics along the railway parallel road in Bhupasandra. Police seized 1 kg and 50 grams of Hydro Ganja and a car valued at approximately ₹1.5 crore. The two suspects admitted that they purchased Hydro Ganja from a Kerala-based acquaintance and sold it locally for profit. Officers recovered ₹500 in cash and 266 grams of Hydro Ganja during the arrest.

Based on their information, the police arrested the third accomplice near Mandur on Budigere Road, Avalahalli, and seized a car and 118 grams of Hydro Ganja. Further interrogation led to the recovery of an additional 660 grams stored at his residence. Police continue efforts to locate the Kerala supplier who provided the Hydro Ganja.

–BMB

After legal battles, Alok Kumar promoted as DGP

In a significant administrative reshuffle, the Karnataka Government on Wednesday formalised the promotion of Alok Kumar (IPS: 1994) to the rank of Director General of Police (DGP), effective retrospectively from September 12, 2025.

The promotion follows a series of legal battles fought by Alok Kumar, who had challenged the revival of a departmental inquiry that previously blocked his rise to the top post.

Alok Kumar, formerly Additional Director General of Police, Training, has now been shifted to head Prisons and Correctional Services, Bengaluru.

The reshuffle also affects B Dayananda (IPS: 1994), Additional Director General of Police, Prisons and Correctional Services, who has been transferred to head Police Training, Bengaluru.

–BMB

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State introduces bill aimed at curbing hate speech crimes

New bill that proposes up to ten-year jail terms, hefty fines, and wide definitions of hate speech tabled despite heated resistance in the Assembly by opposition

Legislators debate broad hate-speech provisions and strict penalties under the bill

The Karnataka government on Wednesday tabled the Karnataka Hate Speech and Hate Crime (Prevention) Bill in the state Assembly, amid opposition from the BJP. The bill has a provision for a fine up to Rs one lakh and a jail term up to 10 years.

The bill, cleared by the cabinet on December 4, was presented in the Assembly by Home Minister G Parameshwara. According to the proposed legislation, hate speech encompasses any expression—spoken or written words, signs, visible representations, electronic communication, or any other form—that is made in public view with the intention to cause injury, disharmony, or feelings of enmity, hatred, or ill-will against an individual (alive or dead), a class, a community, or a group. The definition extends to speech targeting prejudicial interests based on religion, race, caste, community, sex, gender, sexual orientation, place of birth, residence, language, disability, or tribe.

As Parameshwara sought permission to introduce the Bill, Speaker U T Khader put the motion to a voice vote. Members of the BJP registered strong opposition by shouting "No," and some, including Sunil Kumar, demanded a division of votes. The Speaker proceeded with the tabling despite their objections, after which the opposition staged further protests.

Speaking to reporters outside the House, Deputy Chief Minister D K Shivakumar defended the Bill, stating that preventing hate speech was integral to safeguarding peace and maintaining law and order. He said the government could not allow any speech that fuels discord or endangers the social fabric of the state.

The Bill also defines "prejudicial interest" as biases rooted in religion, race, caste, community, sex, gender, sexual orientation, place of birth, residence, language, disability, or tribe. Under the proposed law, "hate crime" includes not only communication, publication, or circulation of hate speech but also any act of promoting, propagating, inciting, abetting, or attempting to engage in such speech with the intention of causing disharmony or hatred against any individual or group, living or deceased.

Penalties under the legislation are severe. A person convicted of committing a hate crime will face imprisonment of not less than one year, which may extend up to seven years, along with a fine of Rs 50,000. For repeat offenders, the minimum punishment increases to two years and may extend up to 10 years, with a fine of Rs one lakh. All offences under the Bill are cognisable and non-bailable.

The proposed law empowers Executive Magistrates, Special Executive Magistrates, and Deputy Superintendents of Police to take preventive action if they believe an individual or group under their jurisdiction is likely to commit an offence covered by the legislation. The Bill also authorises a designated officer, appointed by the state government, to direct service providers, intermediaries, individuals, or entities to block or remove hate-crime-related material from their platforms, including electronic media.

The bill outlines tough safeguards and enforcement measures to counter esclating hate speech and related offences

However, the Bill provides exemptions for materials created for bona fide purposes related to science, literature, art, learning, or heritage and religion.

Books, pamphlets, papers, drawings, and similar content will not fall under the purview of the law if produced in good faith for these purposes. **PTI**

Cop braves muck to control traffic flow

Traffic constable earns praise for managing flow beside foul roadside muck

Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

Motorists praise constable's resolve as he braves drain muck to keep traffic moving without hesitation

Even as traffic police continue to face constant brickbats from Bengalureans, this incident stands out for showcasing a policeman who went far beyond his brief, stepping in with dedication where civic agencies had clearly fallen short. There have been instances where traffic personnel carried shovels and trowels to repair damaged stretches themselves. The latest example of such quietly committed work comes from a constable attached to the Thalaghattapura Traffic Police Station, whose effort has drawn renewed public attention.

For years, pedestrians have struggled to walk along a stretch of footpath near the Thalaghattapura Metro Station, owing to an unhygienic drain-cum-footpath that frequently overflows or remains choked. The foul odour and slush dumped on the roadside have made commuting a daily ordeal. On Monday, traffic police constable Krishna L Kulali stepped in and regulated traffic for over an hour while standing right beside a large heap of muck left behind by workers cleaning the roadside drain, ensuring that vehicles continued to move safely.

Citizens praised Krishna's perseverance as he braved foul muck, relflecting the unseen grit of traffic police

Several commuters who witnessed his effort have taken to social media and local groups to commend his dedication. Mohan Kumar, a motorist, said the constable's presence prevented a major traffic jam during peak hours. "I want to thank him for standing beside that muck for more than an hour. It is not easy to tolerate the stench, but he avoided a bottleneck at Vajarahalli Metro Station and brought credit to his department," he said, noting that such commitment is rarely acknowledged by the public.

VK Srivatsa, Secretary of Change Makers of Kanakapura Road, appreciated the constable's presence of mind and blamed BSCC authorities for allowing such muck to pile up on the road.

IN BRIEF

CM clears hiring to fill vacancies

Following protests by youth in Dharwad and other regions demanding government recruitment, Chief Minister Siddaramaiah revealed that Karnataka has 2,84,881 vacant government and semi-government posts. He said the Finance Department has approved filling 24,300 positions. These include 6,847 posts in the Transport Department, 2,400 in Energy, 2,243 in Finance, 1,725 in Health, 1,350 in Revenue, 557 in Agriculture and 333 in Medical Education. **BMB**

Don't buy, rent a chopper

Deputy Chief Minister D K Shivakumar announced that the state has decided against purchasing a helicopter or special aircraft for official use and will instead hire high-quality services on a rental basis for urgent and special travel needs of senior government functionaries. Speaking after a review meeting at the Belagavi Suvarna Soudha, he said the government had initially approached HAL, which manufactures helicopters and had recently showcased them, but the company indicated it would require more time. HAL then recommended an alternative service provider. Hiring aircraft hourly is most practical. **BMB**

Government cracks down on RTO middlemen

Transport and Muzrai Minister Ramalinga Reddy warned that strict action will be taken against RTO officers who allow touts to operate and harass the public. Speaking in the Legislative Council in Belagavi on Wednesday, he said multiple measures have been implemented to streamline operations and enforce discipline in RTO offices. All applications must be recorded in the prescribed format by caseworkers, while superintendents are required to verify records weekly and conduct monthly desk inspections before submitting reports to senior officials, as instructed by the Transport Commissioner.

Signboards installed, services moved online to curb middlemen. **BMB**

Railways plan new depots for Vande Bharat

The South Western Railway has proposed three integrated rolling stock coaching depots in Hubballi, Thanisandra and Bengaluru at a combined estimated cost of ₹715.88 crore to meet the rising demand for Vande Bharat services and ensure timely maintenance. Work is already underway at Sir M Visvesvaraya Terminal in Bengaluru, where a ₹52.73-crore project has begun with four pit lines earmarked for operations. The tender for the ₹339.07-crore Thanisandra depot, designed with three pit lines to handle 24 coaches, will be opened on the twelfth of this month. New depots by 2027 will enable modern maintenance and support future route expansion plans. **BMB**

Menstrual leave move framed as equality measure

State argues measure empowers women to study, work with dignity

Defending its decision to grant one day of paid menstrual leave every month, the Karnataka government stated that the policy aims to create a workplace that is equitable, inclusive, and supportive of women. It argued that such a measure empowers women to study, work, and participate in public life with dignity, particularly when they face discomfort or health issues during their menstrual cycle.

In objections to petitions by the Bangalore Hotels Association and Avirata AFL Connectivity Systems Ltd., the State said the November 20 Government Order was introduced to assist women facing physical strain and discomfort during menstruation. The government maintained that formal menstrual leave reflects commitment to gender equality and workplace inclusivity while supporting work-life balance.

According to the State, reducing stigma around menstruation and enabling women to prioritise well-being will ultimately help them perform responsibilities more effectively. Referring to international examples, it noted that several countries have implemented menstrual-leave policies for years, and Karnataka aims to adopt a progressive model that could inspire other regions to strengthen protections for working women.

Addressing petitioners' claim that statutes governing their establishments do not provide for menstrual leave, the government argued that the policy flows directly from constitutional principles. It said the measure aligns with Articles 14, 15, and 42, emphasising that women are entitled to special protections under Article 15(3) and that beneficial measures addressing biological realities do not require separate legislation.

The State further asserted that when Articles 14, 15(3), 21, and 42 are read together, they impose a duty on the government to shield women from discrimination linked to natural biological processes. It added that the order was issued after expert consultations and public feedback, maintaining that the petitions resemble a public interest litigation challenging an executive decision. **–BMB**

IN FOCUS
IN HIGH COURT

Missing blood tests prompt probe guidelines

Investigators must collect blood samples, ensure accurate evidence in murder cases

The Dharwad Bench of the Karnataka High Court has directed the Director General and Inspector General of Police (DG&IGP) and the director of the Department of Prosecutions to issue clear guidelines requiring investigators to collect blood samples of victims or injured persons in murder cases and place blood-grouping reports on record before trial courts.

A division bench of Justice R Devdas and Justice B Muralidhara Pai issued the directive while hearing an appeal filed by Bhimappa, a railway porter from Gadag district who was convicted of murdering his wife, Uma, in January 2019. Although several blood-stained articles were recovered from the crime scene, the Naregal police failed to furnish any blood-grouping evidence of the deceased, prompting the judges to note serious systemic lapses.

According to the prosecution, Bhimappa attacked his wife on January 6, 2019, inflicting fatal injuries on her neck and cheek with an axe after alleging infidelity. The couple had been married for 12 years and had three children. In December 2021, the trial court sentenced him to life imprisonment for murder, along with a two-year term and a fine under Section 498A of the IPC.

In his appeal, the accused argued that the trial court relied on "interested witnesses," including his daughter and a neighbour. The government advocate countered that both testimonies were consistent and credible. The bench observed that the daughter's statement could not be discarded merely because she did not witness the attack directly and noted that the neighbour clearly described the assault and the accused fleeing the scene.

Although an FSL report detected 'O'-group blood, no material confirmed the deceased blood group. Calling it a recurring investigative lapse, the bench directed that blood-grouping reports be mandatorily submitted in murder trials to avoid gaps in crucial evidence. **–BMB**

SOCIALTATTLE

WHAT'S TWEETING

A social media user has highlighted that in Lakshmipura, Kempegowda Nagar (Ward 196), the footpath and road have been encroached upon, forcing pedestrians to walk on the road, compromising safety. They urged the GBA West Commissioner to address the issue promptly and ensure proper disposal of materials on the ground rather than obstructing public pathways.

A x platform user posted on the Daily chaos on pothole-ridden Haralur Road: thousands of commuters struggle with no BMTC buses in sight. #BengaluruTraffic #RoadWoes"

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Hope by 2028 Elections.

@calling_shekars , an X platform user highlighted of the Steep ramp on footpath opposite Metro Pillar 20, 8th Block Jayanagar, forces pedestrians onto busy road, risking accidents. He asked the authorities to get the slope removed and make it a levelled footpath.

CLOSERHOME

Indigo crisis: Are you helpless? Delhi HC asks Centre

The Delhi High Court on Wednesday questioned the central government for not taking timely action to check the crisis caused by IndiGo flight cancellations and asked why the situation was allowed to precipitate, with lakhs of passengers stranded and other airlines charging hefty fares.

"The question is why, at all, this crisis arose and what have you been doing?" a bench of Chief Justice Devendra Kumar Upadhyaya and Justice Tushar Rao Gedela said and directed the government and the airline to take steps to adequately compensate the affected persons.

The court asked the authorities if they were "helpless" or they could have taken action against IndiGo after it failed to implement Flight Duty Time Limitation (FDTL) rules, including pilot rest rules, by November 1 -- which they blamed for the crisis. **–PTI**

Salman Khan goes to court for personality rights

Bollywood actor Salman Khan has approached the Delhi High Court seeking protection of his personality rights.

The plea is scheduled to be heard on Thursday by Justice Manmeet Pritam Singh Arora.

Khan has moved the high court seeking to restrain various social media platforms and e-commerce websites from unauthorisedly using his name, images, persona and likeness and to protect his personality rights.

Recently, Bollywood actors Aishwarya Rai Bachchan, her husband Abhishek Bachchan, his mother Jaya Bachchan, Hrithik Roshan and Ajay Devgn, filmmaker Karan Johar, singer Kumar Sanu, Telugu actor Akkineni Nagarjuna, 'Art of Living' founder Ravi Shankar, journalist Sudhir Chaudhary and podcaster Raj Shamani also approached the high court seeking protection of their personality and publicity rights, and the court granted them interim relief. PTI **–PTI**

INBRIEF

Forest relocation drive progresses smoothly

Karnataka Forest Minister Eshwar Khandre informed the Assembly that of the 1,382 families residing within Kudremukh National Park, 670 have expressed willingness to voluntarily relocate, and the process is progressing in phases. He said compensation has already been disbursed to 356 families, while valuation work for 76 of the remaining 314 families has been completed.

For families opting for rehabilitation, valuation of houses, land and crops is being carried out as per the Revenue Department's April 18, 2005 notification to ensure maximum compensation across departments. After valuation, a district-level committee headed by the Deputy Commissioner will thoroughly review each case before releasing payments.

Khandre said the government is committed to completing the relocation process transparently and ensuring that all eligible families receive fair compensation in line with established norms. **–BMB**

Villager injured in yet another tiger attack

In yet another human-tiger conflict near Bandipur Tiger Reserve on December 10, a villager was injured. Maliappa, who was herding cattle near the Kundhakere range, reportedly came under attack by a tiger, sustaining injuries.

Officials from the Karnataka Forest Department (KFD) said they are still verifying whether a tiger was indeed involved. "We are examining the matter. The injured person has been taken to the hospital for treatment. The injuries are not critical," a KFD official said.

This marks the fifth incident of human-tiger conflict in the area in just over a month. The first case was reported on October 16, when a 34-year-old farmer in Saragur taluk, Mysuru, was critically injured. Subsequent incidents included deaths of farmers on October 26, October 31, and November 7, all in the same region. These repeated conflicts have heightened concerns about human safety and the need for stricter wildlife management in Bandipur's fringes. **–BMB**

Workplaces have a lot of catching up to do

CONTINUED FROM PAGE 1

process requiring careful planning, and Indian workplaces often aren't equipped to support women undergoing this journey. Women today are navigating a completely different reality when it comes to reproductive health. Conditions like PCOS are becoming more common, stress is disrupting ovulation, and many are choosing to delay marriage or having children to prioritise their careers and personal goals. Because of this, egg freezing has evolved from just a medical backup to a way for women to keep their future options open," said Dr Snehadarshini Karanth, Gynaecologist and IVF Specialist, Birla Fertility and IVF.

However, while the technology has advanced, often workplace support is unable to keep pace, making it harder than it should to fit fertility treatments into a busy work schedule, manage physical discomfort, and cope with the silence or even stigma that surrounds these issues at work, Dr Karanth explained. "It's time Indian workplaces recognise reproductive health as an essential part of employee well-being. This means offering flexibility, accurate information, and tangible benefits so women aren't forced to choose between professional success and the possibility of starting a family in the future," she said.

When asked if Indian workplaces are ready for this conversation, Dr Priya SP Patil, Consultant — Obstetrician and Gynecologist, Laparoscopic Surgeon, Infertility Specialist, Altius Hospital, said, "In most organisations, the answer remains: not fully. Fertility preservation is still treated as private, uncomfortable, or even taboo. Many women hesitate to disclose their plans to HR or request medical leave due to fears of judgement, gossip, or assumptions about upcoming pregnancy. Supportive policies are rare, and awareness varies widely across professions."

"Women undergoing egg freezing face far more than hormone injections and follicular scans. A stimulation cycle requires 10–14 days of early-morning ultrasounds, sudden medication adjustments, bloating, fatigue and emotional stress—all while meeting targets, attending reviews and maintaining productivity. With no dedicated medical leave, most rely on casual leave or vague explanations. For cancer patients, this support becomes even more critical, as fertility preservation must occur urgently before chemotherapy. Workplaces that acknowledge and support fertility preservation are not endorsing any particular choice—they are honouring a woman's right to decide her life's timing, confidently and without compromise," she said.

"Egg freezing is an elective and preventive procedure that focuses on preserving fertility for the future, whereas IVF is an active treatment that involves stimulating the ovaries, retrieving eggs and creating embryos before they are transferred. IVF can place significant physical and emotional strain on women, which makes supportive workplace policies, flexible schedules and inclusive health benefits extremely important," Dr Manisha Singh, Additional director — Gynaecologist and Subspecialist in Reproductive Medicine and Surgery, Fortis Hospital, Bannerghatta Road.

Finances

When asked about the financial burdens of such procedures, she said, "Many corporate insurance plans have started offering partial coverage for IVF, although the extent of support differs from one policy to another, and elective procedures such as egg freezing are often not included. From a financial perspective, both IVF and egg freezing require thoughtful planning because more than one cycle may be needed. Strong insurance coverage and employer backed wellbeing initiatives can make a meaningful difference and help women access reproductive care with greater ease."

Labour rights researchers argue that inclusivity requires moving beyond one-off policies and creating comprehensive reproductive health frameworks. "Menstrual leave sparked a crucial public conversation — but the real issue is that women's health has always been treated as an exception in workplace design," said a sociologist. "Fertility care, perimenopause support, pregnancy loss leave — these are not fringe demands but integral to modern employment," she added.

Lavelle Road littered as bin thieves remain elusive

CONTINUED FROM PAGE 1

Coming down heavily on the Greater Bengaluru Authority (GBA) Chief Commissioner and Bengaluru Central City Corporation (BCCC) authorities for being negligent, Shiva Prasad N, a pedestrian, said that it is the responsibility of the authorities to ensure that such facilities don't go missing. "The authorities spent a lot of money to install the dust bins, but did nothing to ensure those bins were safe. Nobody has a clue about who removed all the bins on the stretch," said Shiva Prasad.

Demanding the GBA officials act tough against those responsible, Arun Prasad, a social activist, said that it has become a routine for authorities to place order for new dustbins without taking measures to find out the cause for the missing dustbins. "The BCCC authorities have to lodge a complaint with jurisdictional police on the missing bins. The police must check the CCTV footage to nab the culprits," said Arun Prasad.

Urban strategist Vinod Jacob said it is hard to fathom how even plastic dustbins can go missing. "When pourakarmikas are working tirelessly and volunteers are doing all they can to keep our city clean, we cannot allow such lapses. We need simple, fixed bins perhaps with sliding doors at the bottom so waste can be collected efficiently by pourakarmikas," he said.

Sunita Kumar from Living Lavelle RWA said that when Smart City redid the entire Lavelle Road, they placed the much-required dustbins. "Requests have been made to replace but it is yet to be done. At the MLA's Janaspandana meeting on December 6, we have again requested for bins to be replaced," Kumar said.

"The authorities spent a lot of money to install the dust bins, but did nothing to ensure those bins were safe. Nobody has a clue about who removed all the bins on the stretch

BSWML Assistant General Manager Appuraj told BM that Lavelle Road was developed by Bengaluru Smart City Limited and the contractor has to maintain the road for five years. "Our duty is to clear garbage from those dustbins. There was no proposal to remove dustbins on Lavelle Road. Either the contractor or the BCCC authorities have to re-install the dustbins," the Assistant General Manager said.

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personal

CHANGE OF NAME

I, Kriti D/o Ram Krishna, R/o 147, Mahadevapura, Bengaluru, have changed my name to Kriti Ram Krishna for all future purposes

I, Elevarasi Rengaraju W/o Rengaraju Ramaswamy R/o # MR 2, MIG Row House, Nandini Layout, B'lore-560096 have changed my name to Ilavarasi Raju for all purposes.

I IBRAHIM s/o Shaikh Kareem R/@ No 508 Uqba Masjid road Ashwathnagar Thanisandra Bangalore 560077 had changed my name to SHAIKH RIZWAN for all purposes

I SURIYA KHNAUM w/o Naveed Shariff R/@ No 20 4th Cross Padarayanapura Bangalore 560026 had changed my name to SURAIYA KHANUM for all purposes

I, Saira Banu W/o Manoj Kumar V R/o No.97, Ground Floor, Green City Layout, Cs International School, Billwaradahalli, Gottigere, Karnataka:560083 have changed my name to Simran for all purposes.

I, Gowramma Manjappa, w/o Srinivasa K, R/o No-I-1504, NCC Meadows Phase-2 Doddaballapura Main Road, Puttenahalli, Yelahanka B'luru-560064 have changed my name to Gowramma Srinivasa M for all purposes.

I, Abdul Subhan Mahammed Mushtaq S/o Abdul Subhan R/o No, 15, 13th Cross, Bhuvaneshwari Nagar, Sultanalya Main Road, RT Nagar Post, B'lore 560032 have changed my name as Mohammed Mushtaq vide affidavi dt 10/12/2025 before notary by Leela

I, Sathyanarayan Venugopal Prasad R/o No 7/9 Aswathi 2nd Floor 2nd Cross Bridavan Nagar Tavarekere Post Dharmaram College Bengaluru-560029. Have Chnaged My Name to Victor Prasad Sathyanarayan for All Purposes.

I Krati Santosh Mahajan D/O, Santosh Mahajan R/o 28/301, mantri Residency,bangalore South,near Meenakshi Temple,bannerghatta Road, bengaluru, karnataka, 560076 have changed my name to Krati Mahajan.

I, SAMINA MEHER, R/a .#65, Ground Floor, 3rd Main Road, Manjunatha Layout, Lakshmi Layout, Arekere, Bannerghatta Road, Bangalore-76. I, have changed my name to AYESHA SIDDIQUA vide affidavit dated 09.12.2025 Sworn before Notary: Mohammed Hussain Bangalore

WE, Mr. DAVALASAHEB HUNASHIMARAD and Mrs. MAJABEEN residing at No. 637, 15th Cross, Soundarya Nagar, Sidedahalli, Bengaluru – 560073. We have changed my Son's name from MOHAMMAD ZAHID HUNESHIMARAD to MOHAMMAD ZAHID D HUNASHIMARAD. Vide affidavit dated 05/12/2025 sworn before notary. N Mahesha Bengaluru

HEALTH TIP: Moderate sun exposure is essential to naturally boost vitamin D levels, which supports bone strength, immune function, and overall health

Spinach supports eye health by providing lutein and zeaxanthin, antioxidants that help protect against age-related degeneration

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TOLL OF THE SCROLL

How short-form videos could be harming young minds

Online short-form video has shifted from a light distraction to a constant backdrop in many children's lives. What used to fill a spare moment now shapes how young people relax, communicate and form opinions, with TikTok, Instagram Reels, Douyin and YouTube Shorts drawing in hundreds of millions of under-18s through endlessly personalised feeds.

These apps feel lively and intimate, offering quick routes to humour, trends and connection, yet their design encourages long sessions of rapid scrolling that can be difficult for young users to manage. They were never built with children in mind, although many children use them daily and often alone.

For some pre-teens, these platforms help develop identity, spark interests and maintain friendships. For others, the flow of content disrupts sleep, erodes boundaries or squeezes out time for reflection and meaningful interaction.

Problematic use is less about minutes spent and more about patterns where scrolling becomes compulsive or hard to stop. These patterns can begin to affect sleep, mood, attention, schoolwork and relationships.

Short-form videos (typically between 15 and 90 seconds) are engineered to capture the brain's craving for novelty. Each swipe promises something different, whether a joke, prank or shock – and the reward system responds instantly.

Because the feed rarely pauses, the natural breaks that help attention reset vanish. Over time, this can weaken impulse control and sustained focus. A 2023 analysis of 71 studies and nearly 100,000 participants found a moderate link between heavy short-form video use and reduced inhibitory control and attention spans.

Sleep is one of the clearest areas where short-form video can take a toll.

Many children today view screens when they should be winding down. The bright light delays the release of melatonin, a hormone that helps regulate sleep, making it harder for them to drift off.

But the emotional highs and lows of rapid content make it particularly difficult for the brain to settle. A recent study found that for some teenagers, excessive short-form video use is connected to poorer sleep and higher social anxiety.

These sleep disturbances affect mood, resilience and memory, and can create a cycle that is especially hard for stressed or socially pressured children to break.

Beyond sleep, the constant stream of peer images and curated lifestyles can amplify comparison. Pre-teens may internalise unrealistic standards of popularity, appearance or success, which is linked to lower self-esteem and anxiety – although the same is true for all forms of social media.

Younger children are more susceptible

Most research focuses on teenagers, but younger children have less mature self-regulation and a more fragile sense of identity, leaving them highly susceptible to the emotional pull of quick-fire content.

Exposure to material children never intended to see adds risk and the design of short-form video apps can make this far more likely. Because clips appear instantly and autoplay one after another, children can be shown violent footage, harmful challenges or sexual content before they have time to process what they are seeing or look away.

Unlike longer videos or traditional social media posts, short-form content provides almost no context, no warning, and no opportunity to prepare emotionally. A single swipe can produce a sudden shift in tone from silly to disturbing, which is particularly jarring for developing brains.

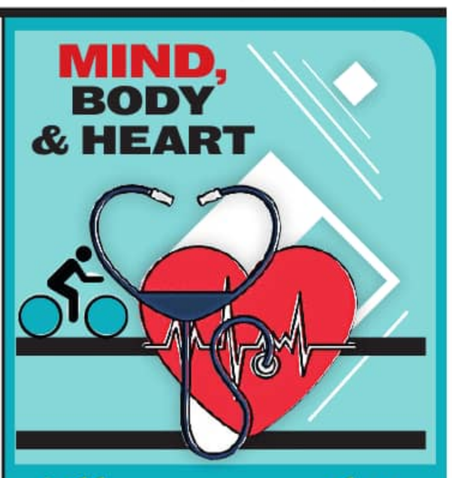
Although this content may not always be illegal, it can still be inappropriate for a child's stage of development. Algorithmic systems learn from a brief moment of exposure, sometimes escalating similar content into the feed. This combination of instant appearance, lack of context, emotional intensity and rapid reinforcement is what makes inappropriate content in short-form video especially problematic for younger users.

Not every child is affected in the same way, though. Those with anxiety, attention difficulties or emotional volatility seem more vulnerable to compulsive scrolling and to the mood swings that follow it.

This matters because childhood is a critical period for learning how to build relationships, tolerate boredom and handle uncomfortable feelings.

Short-form videos can be creative, funny and comforting. With thoughtful support, responsive policies and safer platform design, children can enjoy them without compromising their wellbeing or development.

(By Katherine Easton, University of Sheffield, The Conversation)



All you need to know about...

Protein intake

Indians may be consuming adequate protein on average, but nearly half of it is coming from low-quality cereal sources, according to a new study released by the Council on Energy, Environment and Water (CEEW).
The analysis, based on the latest 2023-24 NSSO Household Consumption Expenditure Survey, highlights deep nutritional imbalances and widening diet-related inequalities across expenditure groups.

Cereal overload
While Indians consume an average of 55.6 grams of protein per day at home, nearly 50 per cent of this intake comes from cereals such as rice, wheat, maida, and suji, far higher than the National Institute of Nutrition's (NIN) recommended 32 per cent. Pulses account for only 11 per cent of total protein intake, well below the 19 per cent recommended, the study reported.

Disparities across groups
India's protein intake has increased only marginally over the past decade, but disparities remain pronounced. The top 10 per cent of households consume 1.5 times more protein than the poorest. Animal-based protein consumption shows the widest gap: the poorest rural households meet only 38 per cent of the recommended intake of eggs, fish, and meat, while the richest exceed requirements, according to a CEEW report.
Milk consumption shows a similar pattern, with only one-third of the recommended level among the poorest, compared with over 110 per cent among the highest expenditure groups.

Nutritional imbalance
India's diet remains heavily skewed toward cereals and cooking oils, with both contributing to significant nutritional imbalance.
At the same time, the proportion of households consuming more than 1.5 times the recommended fat intake has more than doubled in the last decade. —ANI

MIRRORLIGHTS

Survey shows substance use among students starts at 12

A survey of school students from 10 cities in India found that they begin using substances between ages 12 and 13, suggesting that interventions are needed before they reach middle school, according to a study.

For each delayed year of initiation of substance use, the likelihood of substance use disorder decreases, researchers, including those from All India Institute of Medical Sciences (AIIMS), New Delhi, said.

Over 5,900 students of grades eight, nine, 11 and 12 from urban-government, urban-private and rural schools in cities, including Delhi, Bengaluru and Hyderabad, responded to questionnaires.

Questions were related to pattern of substance use, frequency and age when a participant was initiated to use of tobacco, alcohol, cannabis, inhalants, sedatives and opioids.

"The age of initiation of substance use (any) was 12.9 years (range 11-14 years), similar to the other Indian studies and lower than other reports," authors wrote in the study published in the National Medical Journal of India.

Continued prevention and intervention through middle and high school is thus important, they said.

Fifteen per cent of the participants reported substance use at least once, while 10 per cent reported substance use in the past one year, the study said.

The authors added, "family conflicts were typically high, reported by about one-fourth of the sample."

Children at risk of substance use need to be identified, screened and provided with psychological support, the team said, adding that measures should include teaching students how to cope with negative family and life situations. —PTI

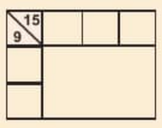
mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror

SOLVE IT IN A MINUTE

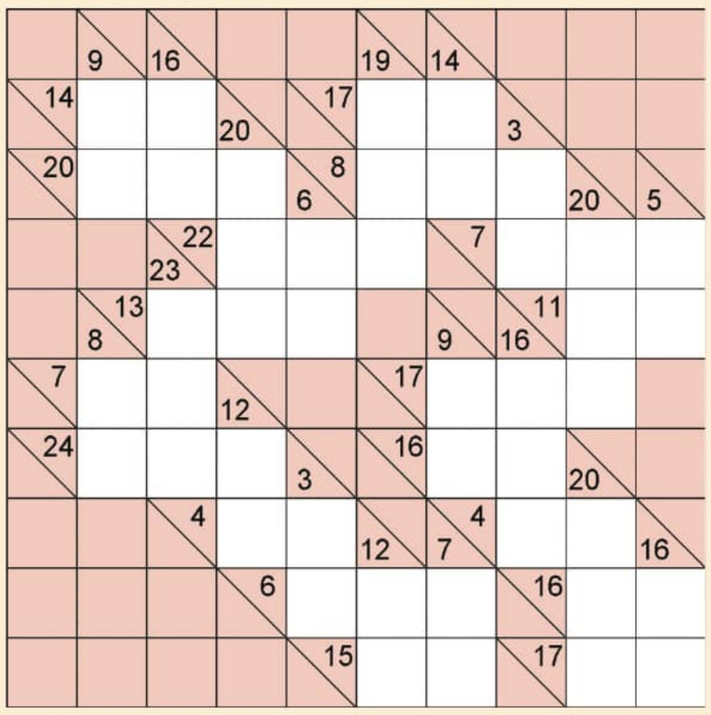
$(\surd\surd\surd\surd5)^{48}$ = ?

Kakuro

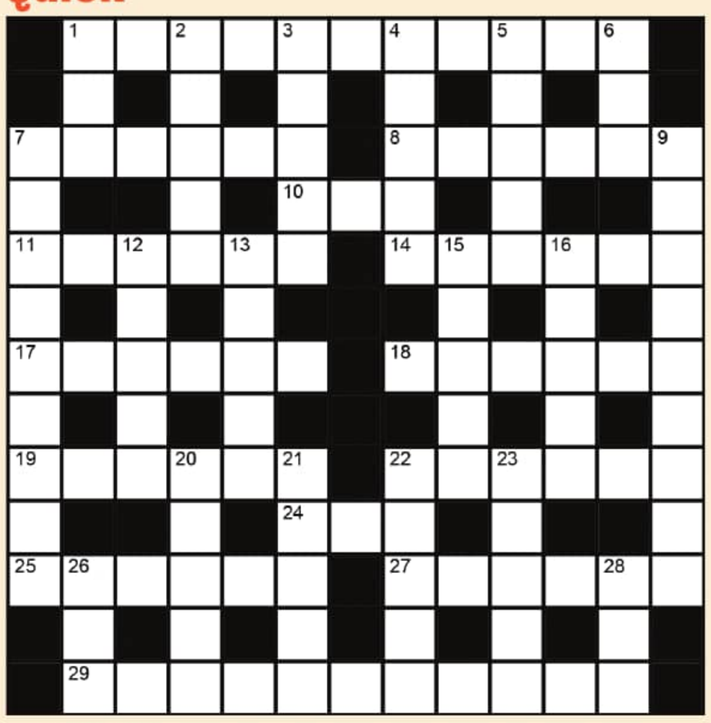
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Digests, absorbs or is absorbed (11)
7 Muslim sovereign? (6)
8 Moved rapidly (6)
10 Nocturnal creature (3)
11 Olympic gold medallist ___ Chopra (6)
14 Wore away (6)
17 Rural and simple (6)
18 Mix around socially (6)
19 A rain cloud (6)
22 Popular tourist destination in Himachal Pradesh (6)
24 Misery (3)
25 Set alight (6)
27 Pulling with the help of a rope (6)
29 Performed with restraint (11)

DOWN

1 Music director Malik (3)
2 Stringed instrument (5)
3 ___ Kumar : Mr. Bharat of Bollywood ? (5)
4 Soup server (5)
5 Trunk (5)
6 Feminine pronoun (3)
7 Festival celebrated in January (9)
9 Senile (9)
12 Famous English Derby venue (5)
13 Farewell (5)
15 Pulao accompaniment (5)
16 Religious doctrine (5)
20 Sightless (5)
21 Use bad language (5)
22 Copper or lead (5)
23 Very recently (5)
26 Large African antelope (3)
28 Incline head (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS G

SNN KD SBD TM S NQP QA PSNGTFC FTPBQCDF.

Linemaro

Eat less sugar. You're sweet enough already

Mindchow

Never let a kiss fool you, or a fool kiss you

Joke of the day

Convict: The only person who would like to be stopped in the middle of a sentence

Loop

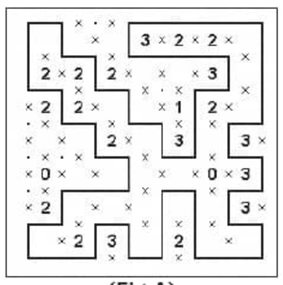
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

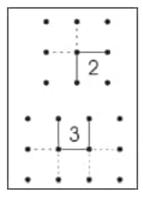
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

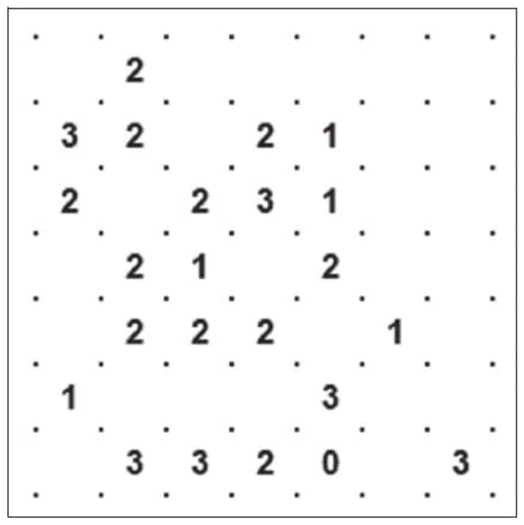
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



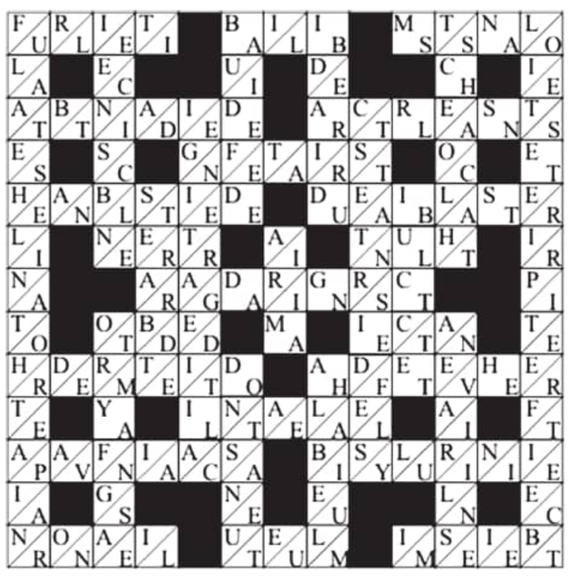
(Fig A)



(Fig B) Not Allowed



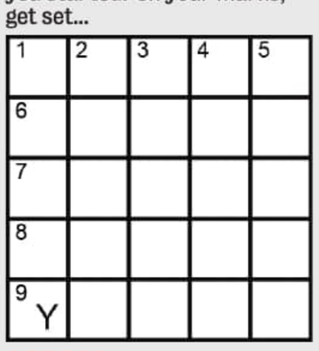
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 A chap; 6 Chase; 7 N Kith; 8 No gel; 9 Do key

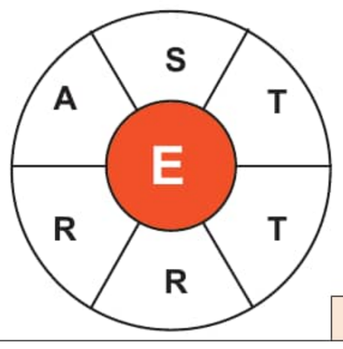
DOWN

1 Aptly; 2 A coho; 3 CH kin; 4 Gen he; 5 A desk

Mensapuzzle

Which letter goes in the empty circle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

17 Average; 19 Good; 21 Outstanding

SudokuChallenge

	9						1	
8			4		3			7
		1	9		6	8		
1	6	9				2	7	3
3	7	8				4	5	1
		3	5		4	7		
5			7		1			4
	4						8	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 7

2 4 6 7

Medium = 6

1 6 6 7

Hard = 12

1 1 2 9

Hocusfocus

Find at least six differences in details between panels.

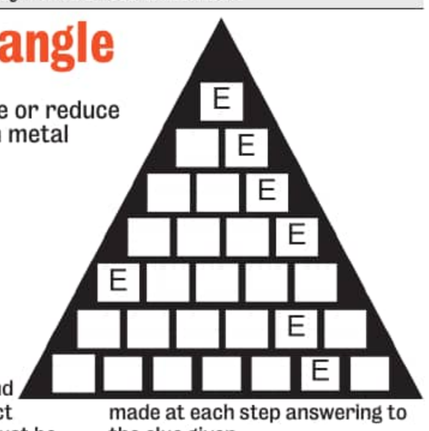
Differences: 1. Man's arm is not showing. 2. Man behind fence is moved. 3. Hat is different. 4. Bush is moved. 5. Rake is not as wide. 6. Downspout bracket is lower.

Riddler

What do these sentences translate to? "A research team proceeded towards the apex of a natural geologic protuberance, the purpose of their expedition being the procurement of a sample of fluid hydride of oxygen in a large vessel, the exact size of which was unspecified. One member of the team precipitously descended, sustaining severe damage to the upper cranial portion of his anatomical structure; subsequently the second member of the team performed a self rotational translation oriented in the same direction taken by the first team member."

Alpha triangle

1 Second vowel
2 Prefix for remove or reduce
3 Mould for molten metal
4 Team
5 Revises copy
6 Befitted
7 Hit the books



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

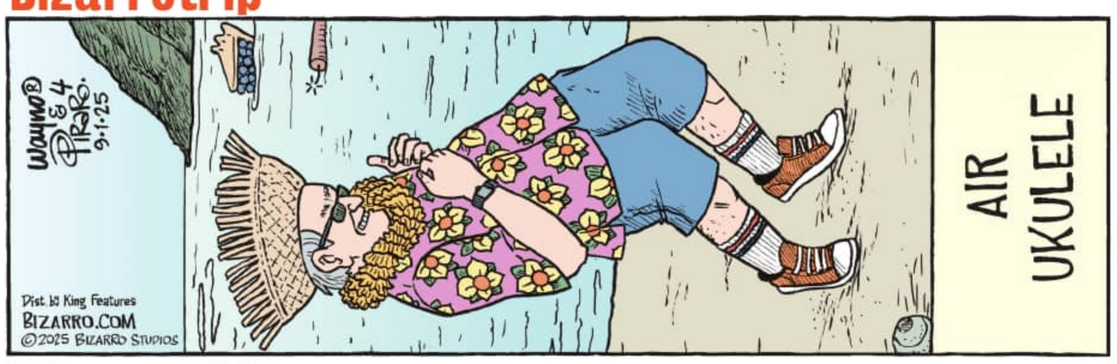
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye

I'M BREAKING OUR ENGAGEMENT! I'M GIVING YOU YOUR RING BACK!!
?
ARF! ARF! YOU CAN'T GIVE IT BACK! I NEVER GIVED YOU A RING!
THEN TAKE THIS!
3-12
popeye.com

Bizarrotrip

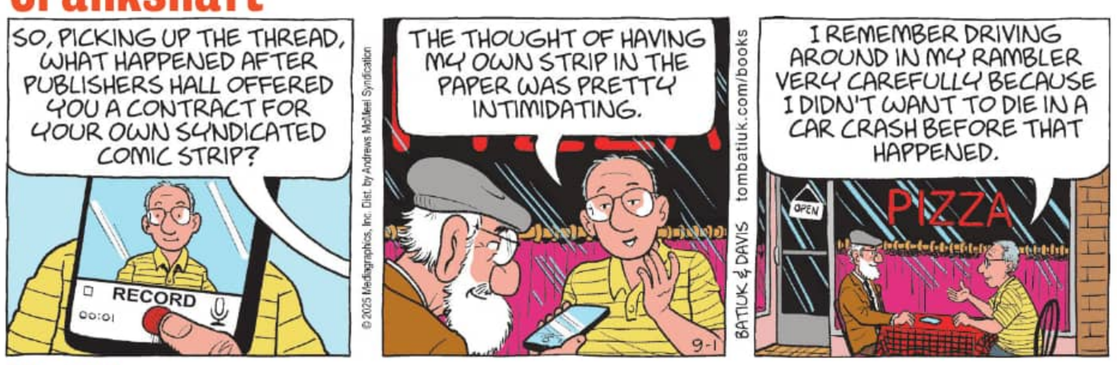


Diamond Lil

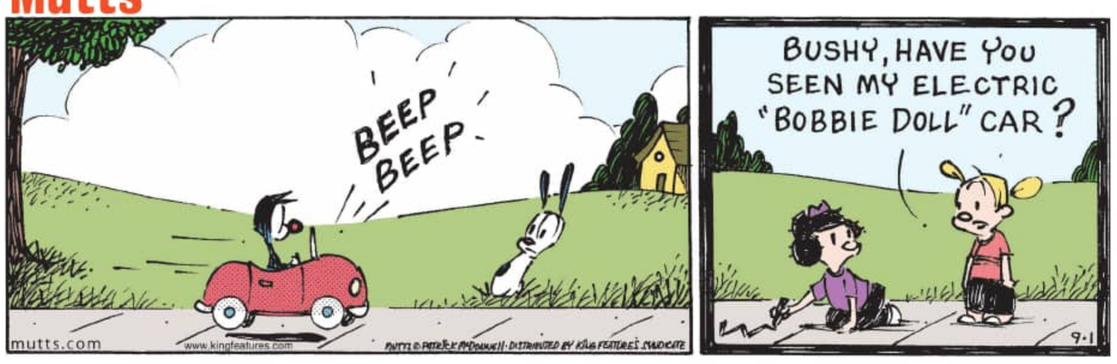
Hart of the city

SO ARE WE GONNA BE FRIENDS DURING SCHOOL, OR IS THIS JUST A SUMMER FLING?
WE CAN BE FRIENDS.
BUT ON MY TERMS. I'M NOT JOINING IN YOUR FRIENDS' SHENANIGANS.
THE SHENANIGANS WILL BE THERE WHEN YOU NEED THEM.
HEART OF THE CITY © 2025 ANDREWS MCMEEL
@OCOMICS.COM/HEARTOFTHECITY

Crankshaft


SO, PICKING UP THE THREAD, WHAT HAPPENED AFTER PUBLISHERS HALL OFFERED YOU A CONTRACT FOR YOUR OWN SYNDICATED COMIC STRIP?
RECORD
00:01
THE THOUGHT OF HAVING MY OWN STRIP IN THE PAPER WAS PRETTY INTIMIDATING.
I REMEMBER DRIVING AROUND IN MY RAMBLER VERY CAREFULLY BECAUSE I DIDN'T WANT TO DIE IN A CAR CRASH BEFORE THAT HAPPENED.
PIZZA
OPEN
© 2025 Mediagraphics, Inc. Dist. by Andrews McMeel Syndication
BATIUK & DAVIS
tombatiuk.com/books

Mutts



WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

A significant theme emerges around higher education or long-distance communication. You might receive news regarding an application, a foreign contact, or a publishing endeavour. Remain flexible; the final details may shift unexpectedly. Your resilience in adapting to these changes will ultimately prove to be your greatest asset this month. Trust the unfolding path.

Aries Mar 21–Apr 20

A positive moon uplifts your career, resolving issues smoothly. Family may resist your opinions, so stay patient. Keep an eye on your children's health and maintain calm through domestic challenges today.

Taurus Apr 21–May 20

The moon enhances your creativity and prosperity today. Impress superiors with innovative ideas. Finances flourish, perfect for investing in assets like a car or small commercial property. Stability and growth surround you.

Gemini May 21–Jun 21

Your morning feels slow, but momentum builds later. Career growth and recognition follow hard work. Keep finances in check; budget carefully to balance progress and maintain control throughout the day.

Cancer Jun 22–July 23

A positive moon empowers you emotionally. Handle personal issues confidently. A short nearby trip refreshes you. Singles might meet someone intriguing, but it's wiser to enjoy solitude and self-reflection today.

Leo Jul 24 – Aug 23

Joy surrounds you today. Your cheerful energy inspires kindness towards others. Students must refocus on academics. Lovers should reconnect emotionally; communication strengthens understanding.

Virgo Aug 24–Sep 23

Invest in creativity today; it sparks inspiration and possibility. Consider turning your craft into a profession. Family tension may arise, so stay composed and focus on achieving your long-term vision.

Libra Sep 24–Oct 22

You may feel low and sleep-deprived today. Keep energy up with tea and optimism. Reflect on long-term personal goals, where you want to belong and who you truly want beside you.

Scorpio Oct 23–Nov 22

Creative energy peaks; try new ideas confidently at work. Couples benefit from brief space, deepening understanding. Singles should avoid romance today; focus on individuality and clarity instead of emotional distractions.

Sagittarius Nov 23–Dec 22

Career prospects shine bright, ideal time for job changes or big moves. Students should pursue new learning opportunities. Singles, go out, and socialise freely; today could bring a meaningful connection your way.

Capricorn Dec 23–Jan 20

Personal conflicts ease today, bringing calm resolution. Collaboration is key at work, avoid isolation. Feeling lonely at home signals readiness for companionship; open your heart to emotional connection and support.

Aquarius Jan 21–Feb 19

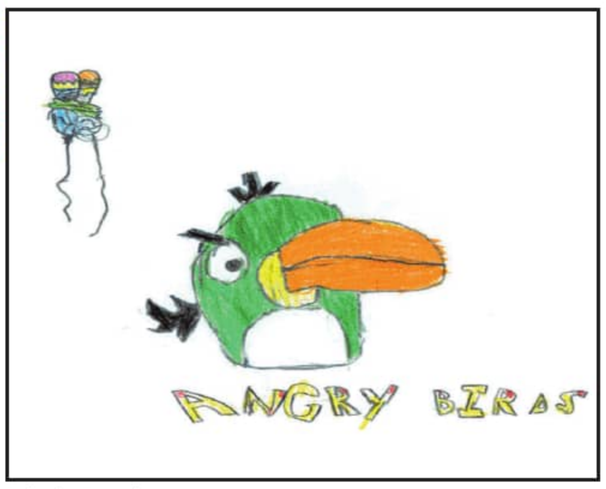
A slow morning transforms into productive energy. Stay active and centered through meditation. Communicate feelings sincerely, especially if single, expressing yourself authentically attracts deeper emotional alignment and understanding.

Pisces Feb 20–Mar 20

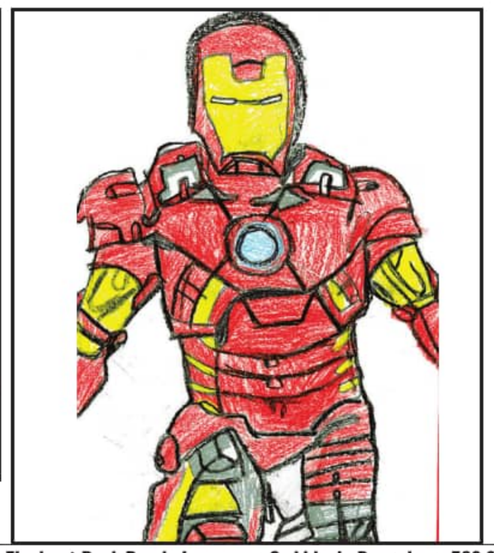
You start the day cheerful and composed. Work demands increase, but you'll manage effortlessly. Family, especially children and partners, seek attention; balance responsibilities well. Luck and good fortune approach soon.

www.sundeepkochar.com

KIDZONE



Aniruda, Bengaluru



Aparmeya, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

$= (16\sqrt{5})^{48}$
$= 16^{\sqrt{}}/5^{48}$
$= 5^{48}/16$
$= 53$
$= 125$

QUOTE UNCODE

All we are is a lot of talking nitrogen.

STRIKE OUT

F	L	I	T	■	B	I	B	L	M	T	N	L	■	■
L	■	C	■	I	■	E	■	H	■	■	E	■	■	■
A	B	I	D	E	D	■	A	T	R	E	S	T	■	■
S	■	C	N	E	A	R	S	■	C	■	T	■	■	■
H	A	L	T	E	D	■	D	E	B	A	S	E	■	■
I	■	E	R	R	■	A	■	T	U	T	■	R	■	■
N	■	A	G	A	I	N	S	■	T	■	P	■	■	■
T	■	O	D	E	■	M	■	E	T	A	■	E	■	■
H	E	R	E	T	O	■	A	F	E	V	E	R	■	■
E	■	A	■	I	N	A	L	■	A	■	F	■	■	■
P	A	N	I	C	S	■	B	Y	L	I	N	E	■	■
A	■	G	■	E	■	U	■	■	L	■	C	■	■	■
N	O	E	L	■	T	U	M	■	I	S	I	T	■	■

FAST FIVE

P	A	C	H	A
A	C	H	E	S
T	H	I	N	K
L	O	N	G	E
Y	O	K	E	D

RIDDLER

Jack and Jill went up the hill to fetch a pail of water
Jack fell down and broke his crown and Jill came tumbling after

QUICK

A	S	S	I	M	I	L	A	T	E	S	■	U	N	D
S	U	L	T	A	N	■	D	A	R	T	E	D	■	N
A	■	A	■	O	W	L	■	S	■	O	■	N	D	E
N	E	E	R	A	J	■	E	R	O	D	E	D	■	R
K	■	D	■	A	■	E	R	O	D	E	D	■	P	L
R	U	S	T	I	C	■	M	I	N	G	L	E	■	A
A	■	O	■	E	■	■	■	T	■	M	■	R	■	Y
N	I	M	B	U	S	■	M	A	N	A	L	I	■	E
T	■	L	■	W	O	E	■	E	■	L	■	N	■	D
I	G	N	I	T	E	■	T	O	W	I	N	G	■	■
C	■	L	■	E	■	U	■	■	L	■	C	■	■	■
A	P	E	■	■	A	■	■	■	E	■	A	■	■	■

BULL'S EYE

arrest, aster, east, rare, rarest, rate, ratter, rear, rest, RESTART, sate, sear, seat, stare, STARTER, state, taste, taster, tear, test, treat

MENSA PUZZLE

R. In columns, add the numerical value of the letters to give the top and middle letters to give the bottom letters.

SUDOKU

9	4	7	3	6	2	1	8	5
5	8	2	7	9	1	6	3	4
6	1	3	5	8	4	7	2	9
3	7	8	6	2	9	4	5	1
2	5	4	1	3	7	9	6	8
1	6	9	8	4	5	2	7	3
7	3	1	9	5	6	8	4	2
8	2	6	4	1	3	5	9	7
4	9	5	2	7	8	3	1	6

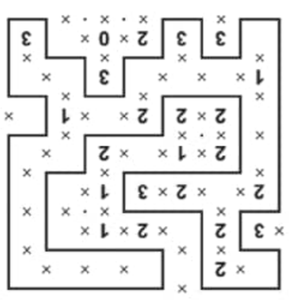
ALPHA TRIANGLE

E, DE, Die, Side, Edits, Suited, Studied.

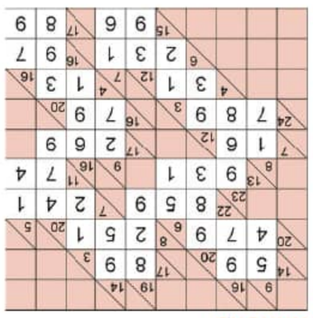
GO FIGURE

Easy
6 + 7–4–2 = 7
Medium
7–6 x 1 x 6 = 6
Hard
2 + 9 x 1 + 1 = 12

LOOP



KAKURO



Volume No 18, Issue No 243 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by Lokesh K.V. at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore-560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011, Email : mybangaloremirror@timesofindia.com Editor : Ms. Seena Menon-responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

 # Abhinav Kashyap slams stars
Abhinav Kashyap slammed Salman and SRK, saying true stars impact society, not wealth or fame. He added that calling oneself a superstar doesn't make it true

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Guna's big debut

Guna Hariyabbe, who has been associated with the Kannada film industry for the last five years, is set to play a dual role—actor and director—in the Kannada film Sarkari Shaale-H8. The movie, which received a UA certificate from the Regional Board of Film Certification, is set to arrive in theatres shortly. As part of the promotional activities, the first poster was released by Guna's parents at the government school, Hariyabbe, where he had studied.

"I have worked as an associate director for a few Kannada films. I am making my debut as a hero and director in Kannada cinema with this film, which is based on a real incident. The movie, apart from conveying a message about the importance of education, revolves around an idol that is installed on the lake bund near Hiriyur. The film belongs to the thriller genre," said Guna Hariyabbe.

He said Bigg Boss fame Gilli Nata played an important role in the film. "Veteran actor Raghavendra

Rajkumar will appear on screen in a special get-up. It is the first time Raghavendra Rajkumar has played such a character in his acting career," he added. Tejaswini S is supporting the movie under the Girichandra Productions banner. The film was shot in Bengaluru, Chitradurga, Sira, and Shivamogga. "We are planning to release the movie in February," he said.

The movie has three songs, one of which was rendered by actor Sharan. It also features Meghashree, Suchendra Prasad, Jagappa, Nawaz, Sushmitha, Kaddipudi Jyothiraj, and Namrata.

Not in my daughter's name

Aishwarya Rai Bachchan clarifies daughter Aaradhya is not on social media

Aishwarya Rai Bachchan recently attended the Red Sea Film Festival, where she spoke about her career, journey and more. During the conversation, the actress also discussed her presence on social media, clarifying that her daughter Aaradhya Bachchan is not on these platforms. She explained that the pages already circulating online were neither created nor monitored by their family. While thanking well-wishers, she emphasised that none of those profiles represent her daughter. Aishwarya married actor Abhishek Bachchan in 2007, and their daughter Aaradhya was born in 2011.

Aishwarya stated, "The things that are out there, sometimes people believe they're hers. No, they aren't. There is some well-wisher out there who has made them, I guess. Obviously, it comes from a place of love for Aaradhya, for my family, for my husband, for me, and, you know, thank you for all your love, but that isn't her; she's not on social media." She also opened up about her own limited engagement with social media. The 'Taal' actress shared that she primarily uses these platforms for professional communication and collaborations, while acknowledging the influence digital spaces now hold.

Aishwarya Rai discussed the role of social media, using it mainly for professional work while noting its pervasive influence. She stressed the importance of detaching from online noise, maintaining authenticity, and valuing real-life interactions over digital validation. She encouraged engaging with people around you rather than focusing on likes or posts. Professionally, Aishwarya was last seen in Ponniyin Selvan 2 and continues to prioritise quality projects while enjoying motherhood.

—ETimes